“EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)” (A061)

Videoconference
Quiz for General CEUs, Act 48, CADC, CPRP, NBCC, PCHA, Psychologist, and Social Work/LPC/LMFT
Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the web cast of the webcast listed above. In order for Western Psychiatric Institute and Clinic to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit on the next page. After finishing, sign as indicated on the second page and return both forms by mail to:

Jennifer Lichok
WPIC/OERP
3811 O’Hara Street
Champion Commons, Third Floor
Pittsburgh, PA 15213

TRUE/FALSE – Please indicate whether the statement below is true or false.

1. Trauma can be experienced outside the DSM-IV-TR definition.
   A. True
   B. False

2. Eye movements are the sole component of EMDR treatment.
   A. True
   B. False

3. The reassessment phase of EMDR treatment involves exploring what might have emerged since the last session.
   A. True
   B. False

MULTIPLE CHOICE – Please select the BEST answer.

4. The initials EMDR stand for:
   A. Eye Movement Desensitization Reprogramming
   B. Eye Movement Desystemizing Reprocessing
   C. Eye Movement Desensitization and Reprocessing
   D. None of the above

5. EMDR is a treatment that is accepted by:
   A. The American Psychiatric Association
   B. The Department of Veterans Affairs
   C. The National Institute of Mental Health
   D. All of the above

6. The clinician identified with the “discovery” of EMD and later EMDR is:
   A. Sigmund Freud
   B. Francine Shapiro
   C. B. F. Skinner
   D. Abraham Maslow
7. **EMDR** incorporates elements of what traditional therapies?
   A. Psychodynamic therapy
   B. Hypnosis
   C. Cognitive behavioral therapy
   D. All of the above

8. **All but which of the following is a foundation of EMDR:**
   A. Dual awareness
   B. Dysfunctionally stored information
   C. Negative thoughts
   D. Adaptive information processing

9. **Components of the assessment phase of treatment include identifying which of the following:**
   A. Subjective units of distress (SUDs)
   B. Sensory images
   C. Somatic sensations
   D. All of the above

10. **The following symptoms may also be successfully treated by EMDR in some cases:**
    A. Depression
    B. Anxiety
    C. Addictions
    D. All of the above

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APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR General CEUs, Act 48, CADC, CPRP, NBCC, PCHA, Psychologists, and Social Work/LPC/LMFT (2.0 CREDIT HOURS)

INSTRUCTIONS: In order for Western Psychiatric Institute and Clinic to record the credit you earn by viewing this program, we request that you follow the directions below:
1. Print your name, address, and social security number clearly below.
2. Sign the statement affirming your attendance at the session.
3. Return with payment to: Jennifer Lichok
   WPIC/OERP
   3811 O’Hara Street
   Champion Commons, Third Floor
   Pittsburgh, PA 15213

I hereby affirm that I viewed the videoconference web cast indicated above:

Signature
Date Completed

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TYPE OF CREDIT: Please Indicate Your Certification Needs

☐ Act 48: Educators (please complete Act 48 packet) □ CADC: Certified Alcohol and Drug Counselor
□ CEU: General Continuing Education Credit □ CPRP: Certified Psychiatric Rehabilitation Practitioners
□ NBCC: National Board of Certified Counselors □ PCHA: Personal Care Home Administrators
□ Psychologist □ SW/LPC/LMFT: Social Work (LCSW, MSW)

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☐ $30 for Act 48, CADC, CEU, CPRP, NBCC, PCHA, Psychologist, or Social Work credit.

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Send these two forms to the above address. If your score is 80% or above, you will receive a certificate via mail. If you have any questions, contact Jennifer Lichok at lichokjl@upmc.edu or 412-204-9088.

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